

Target Audience: Parents of youth athletes, primarily middle and high school age

More and more youth are playing sports and for good reason, but many come away with unnecessary injuries that can impact their adolescent lives and also carry over into adulthood. Parents, find out from a local expert how to prevent head injuries as well as ACL tears and learn some basic injury care of your son or daughter, like what to do, what not to do, and when to see a doctor. Presentation followed by question and answer period.

Gayle is a licensed and certified Athletic Trainer with over 30 years experience including high school, college, clinical and industrial, Olympic and performing arts athletes. She provides annual training for MLAA and is a much sought after athletic trainer for coaches and athletes. She is also Wellness Coordinator for MA General Hospital Health Care Center at Patriots Place, Foxboro, MA.

TO BE OR NOT TO BE A SOCIAL HOST: THE CIVIL & CRIMINAL RAMIFICATIONS OF UNDERAGE YOUTH ALCOHOL USE IN BEDFORD

Presenter: John Sofis Scheft

When: Wednesday, April 10, 2013

Time: 7:00 - 9:00 p.m.

Location: Bedford Town Hall Multipurpose Room

Target Audience: Parents of Middle and High School Age Youth particularly - all parents and community members ideally

Many parents think it is safer to offer underage youth alcohol in the privacy of their home than to risk youth drinking in a car or at Fawn Lake. But did you know it's a crime to allow underage people to drink alcohol on your property if they are not your children? Bedford like many communities is struggling to understand the social host law and the ramifications of underage drinking.

Overwhelmingly alcohol is the drug of choice among kids who abuse any substances. Alcohol use starts earliest and increases most dramatically with 48% of Bedford 12th graders reporting having ever consumed alcohol (Bedford 2012 YRBS, www.bedfordma.gov/youth)

Learn the criminal and civil liability as well as the hidden risks of serving alcohol to youth in your home. Information on social and medical issues on underage drinking will also be discussed if time allows. Come and find out how you can contribute to reducing youth addiction and injury in the community.

John Sofis Scheft Esq. is the founder of Law Enforcement Dimensions and has been providing specialized legal training to juvenile police officers and allied professionals for over 20 years.

Sponsored by Bedford Police Department

Bedford, MA 01730

Current Resident

Bedford Youth & Family Services
Town Center
12 Mudge Way
Bedford, MA 01730-2171

TOWN OF BEDFORD

PARENT* EDUCATION SERIES

*Grandparents and All Interested Community Members are welcome and encouraged to attend

Fall - Spring 2012-2013

- **BULLYING & CYBERBULLYING: PREVENTION IN SCHOOLS AND COMMUNITIES**
- **TEEN TECHNOLOGY: WHAT YOUR CHILDREN ARE USING**
- **ROSS GREENE: ADVANCED TRAINING FOR PARENTS**
- **TEEN DEPRESSION: FACT OR FICTION?**
- **WHAT ARE OUR TEENS DOING & IS IT ALL HEALTHY?**
- **ON FIELD EMERGENCIES: WHAT THE YOUTH LEAGUE PARENT/COACH NEEDS TO KNOW**
- **TO BE OR NOT TO BE A SOCIAL HOST: THE CIVIL & CRIMINAL RAMIFICATIONS OF UNDERAGE YOUTH ALCOHOL USE IN BEDFORD**

Coordinated By:
Bedford Youth & Family Services

Questions?
781/275-7727



All Programs free, open to the public, and sponsored by Bedford Youth and Family Services unless otherwise noted.

PLEASE MARK YOUR CALENDER



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BULLYING AND CYBERBULLYING: PREVENTION IN SCHOOLS AND COMMUNITIES

Presenter: Ariana Coniglio

When: Wednesday, September 19, 2012

Target Audience: Parents of 3rd graders and younger

When: Thursday, September 20, 2012

Target Audience: Parents of 4th graders and younger

When: Monday, September 24, 2012

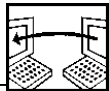
Target Audience: Parents of 5th graders and younger

Time for all trainings: 6:00 - 7:00 p.m.

Location for all trainings: Job Lane Multipurpose Room

Did you know that Massachusetts has had a new bullying bill for the last two years? This parent education training has been scheduled in conjunction with BEST and as part of the Lane School Open House nights to help parents of elementary age students understand this mandate. The law is reviewed, with an emphasis on when bullying, which is prohibited but not a crime, becomes criminal. An emphasis on the cyber component of bullying is explored. Additionally, this training outlines when off campus behavior creates a hostile environment at school, infringes on students' rights and/or materially and substantially disrupts the education process or the orderly operation of a school. Suggestions of strategies to prevent bullying and protect targets from aggressors will be given. This parent education event supports Middlesex District Attorney Gerry Leone's continuing school safety initiatives.

Ariana Coniglio, is Prevention and Education Coordinator for Middlesex Partnerships for Youth, Inc.



TEEN TECHNOLOGY: WHAT YOUR CHILDREN ARE USING

Presenter: Melissa Marino

When: Thursday, September 27, 2012

Time: 5:45 - 6:30 p.m.

Location: John Glenn Middle School Auditorium

Target Audience: Parents of Middle School Youth

Social networking, the internet and cell phones offer powerful and almost limitless opportunities to gain knowledge and make contact with others. When used appropriately, it is a powerful and positive tool. However, there are many pitfalls and risks to young people. This workshop will focus on Cyber Safety in the

home and community and is part of training offered by Middlesex Partnerships for Youth to their member communities. This parent education training has been scheduled as part of JGMS Open House night to help parents understand the risks with this technology.

Melissa Marino is a Digital Evidence Investigator, Cyber Enforcement Unit, at the Middlesex District Attorney's Office

ADVANCED TRAINING FOR PARENTS: PLAN B IN DEPTH

Presenter: Dr. Ross Greene

When: Saturday, October 13, 2012

Time: 8:30 a.m. - 12:30 p.m.

Location: St. Michael Parish Center, 90 Concord Rd., Bedford

Target Audience: Parents, grandparents, step-parents, and foster parents who have some existing familiarity with the CPS model.

This half-day workshop discusses Plan B in depth of the collaborative problem solving method (CPS), a novel and effective approach to dealing with and managing challenging behavior in children and teens.

Registration fee is \$35.00 per person. Make checks payable to **Bedford SEPAC** and mail to BSEPAC Treasurer, 51 Dunster Rd., Bedford, MA 01730.

All registrations and payments must be received by Tuesday, September 25, 2012.

Questions? Contact Therese Meuse at theresa.meuse@verizon.net

Sponsored by Bedford Special Education Parent Advisory Council (SEPAC)



TEEN DEPRESSION: FACT OR FICTION?

Speaker: Deborah Garfield, LICSW

When: Wednesday, October 24, 2012

Time: 7:00 - 9:00 p.m.

Location: Bedford Town Hall Multipurpose Room

Target Audience: Parents of Middle and High School Age Youth

If you are a parent of a teenager or live with a teen, you may have noticed different moods and wondered if you needed to be concerned about any of them. This workshop will help you identify the signs and

symptoms of depression and anxiety and how family life might be impacted; the difference between normal teenage "angst" and clinical depression; how these symptoms can present in school and how the school can help; and when outside treatment should be considered. Following the presentation there will be an opportunity for questions and interaction.

Deborah Garfield, LICSW is the Director of Clinical Services at The Eliot Center in Concord, MA

WHAT ARE OUR TEENS DOING & IS IT ALL HEALTHY?

Panel of Presenters:

Jessica Wildfong, Robert Bongiorno, Jon Sills

When: Wednesday, November 14, 2012

Time: 7:00 - 9:00 p.m.

Location: Bedford Town Hall Multipurpose Room

Target Audience: Parents of Middle and High School Age Youth particularly - all parents and community members ideally

In April of 2012 middle and high school age public school students were surveyed about their healthy and risky behaviors. Questions ranged from substance use - alcohol, tobacco, marijuana, other drugs - to stress, depression, violence and safety, diet and exercise, and vehicle related risk behavior.

The evening program will include a presentation of the 2012 data as well as trend data from past surveys and a review of our community efforts with the Police Chief and School Superintendent to ensure that we are doing all we can to ensure youth safety. Following the presentation there will be an opportunity for questions and interaction.

Jessica Wildfong is Prevention Coordinator at Bedford Youth & Family Services, Robert Bongiorno is Bedford's Chief of Police and Jon Sills is the Bedford Public Schools Superintendent.

ON FIELD EMERGENCIES: WHAT THE YOUTH LEAGUE PARENT/COACH NEEDS TO KNOW

Presenter: Gayle E. Olson

When: Wednesday, March 20, 2013

Time: 7:00 - 9:00 p.m.

Location: Bedford Town Hall Multi-Purpose Room

